

December 2017

Supporting seniors and family caregivers

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4	5 TeleConnection: Coping with Caregiver Stress 11 a.m.	6	7	8 El Manejo de las Fiestas Navideñas Cuando se Cuida a un Ser Querido Enfermo 11:30 a.m.
11 TeleConnection: Keeping Your Sense of Humor 12 p.m.	12 Managing the Holidays while Caring for a Loved One 11:30 a.m.	13	14	15
18	19 Compassion in Action Support Group for Family Caregivers 11:00 a.m.	20	21	22

Free and Bilingual programs designed to educate and empower family caregivers--give us a call 956-630-6667



Programs Partially funded by:



**1301 E. Fern Ave. Ste B4
 McAllen, Texas 78501
 956-630-6667**



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Closed for the Christmas Holidays